



PWOC

Protestant Women of the Chapel

- Materials:
- Poster Strips of Nutrition Headlines
 - Tape/ Sticky Putty
 - Evaluating Health Information Handout
 - Chocolate Candy Bar
 - Bag of 1 oz pieces of dark chocolate candy

WORKSHOP: NUTRITION

The Edible Stuff of Life

by Cecilia Thomas

LEADER'S GUIDE

RELEVANCE: Eating to get the nutrients to keep

our bodies healthy and vibrant can sometimes become confusing with all the "healthy eating" information out there. This workshop will talk about how to sort through all the nutrition information we encounter, keeping God's words of wisdom as our foundation.

CONTEXT: This workshop is intended to be used with a group of no more than 20 women. It is most relevant to women in between the ages of 20 and 65, but can be adapted for those younger or older. The content may be especially appropriate for a January workshop when we tend to focus on new beginnings in our health.

TIME: 70 minutes

HOOK YOUR AUDIENCE: (5 minutes)

Eating to get the nutrients to keep our bodies healthy and vibrant can sometimes become confusing with all the "healthy eating" information out there (point out various nutrition headlines posted on the wall and chalk-board). Point to the headline about chocolate, show a chocolate candy bar and ask, "Can we have our chocolate and eat it too?" In today's workshop we will talk about some of the current "Hot" nutrition trends (such as chocolate) and how to sort through all the nutrition information we encounter, keeping God's words of wisdom as our foundation.



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Note to Trainer: As the field of Nutrition is constantly in flux, it is recommended that you focus on whatever "hot" topics are in the forefront at the time you present this workshop.

MAKE YOUR POINT 1: HEALTHY FOOD TRENDS (5 minutes)

Ask the class: "Why do we eat?" Solicit some responses. Focus on the following three reasons:

- 1) Food tastes good
- 2) We enjoy sharing meals with other people
- 3) To get the nutrients we need for our body to function

Let's see what the Bible has to say:

- **Genesis 1:29** *And God said, 'Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.'*
- **Genesis 9:3** *'Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.'*

God gives us an amazing variety of foods to enjoy. These foods contain all the basic nutrients we need:

- **Carbohydrates (fruits, vegetables, grains, beans, dairy, honey)**
- **Protein (meats- livestock, poultry, fish, nuts/seeds, beans, eggs, dairy)**
- **Fat (meats, nuts, dairy, oils)**
- **Vitamins/minerals (all foods)**
- **Water**

Deciding what to eat is influenced by all the advice we get from the people we know and media (books, newspapers, magazines, internet, radio, TV). Take for example this chocolate candy bar (*hold up the candy bar*). Many candies are mostly sugar and fat and basically provide calories for short-term energy but typically have no other real nutritional value. In the case of chocolate, researchers have found that cocoa contains flavonoids which are good antioxidants that help with blood pressure and heart health. The higher the cocoa content, the better the antioxidant content...thus, yes, you can "have your chocolate and eat it too," but it needs to be dark chocolate (most research recommends 60% cocoa content or higher). A little is good but more is not better. Treat yourself to a small, 1 ounce portion periodically. (*Provide 1 ounce portions of 60% cocoa chocolate to each person*).



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ENGAGE YOUR LEARNERS 1: (15 minutes)

Break into groups of 2-4, pass out a variety of nutrition info (books, newsletters, magazines, journals, copies of internet articles). Assign specific materials to each group. You can even have some individuals open up articles/apps on smart phones if you want. Each group will spend 5 minutes identifying 1-2 current food recommendations from their assigned material. Come back together and have each group share the key point of one the recommendations they found (1 minute per group).

MAKE YOUR POINT 2: EVALUATING NUTRITION INFORMATION

(5 minutes)

Once you find advice, how do you decide if you want to follow the advice?

The Bible has many verses that talk about eating and food.

Many of the Old Testament verses discuss clean/unclean laws. For example, Leviticus chapter 11 contains God's words to Moses and Aaron about clean and unclean foods, specifically regulations about what we may and may not eat concerning animals, birds, and every living thing that moves in the water and on the land.

But the New Testament points out that all foods are clean.

ENGAGE YOUR LEARNERS 2: (35 minutes total)**ACTIVITY 1: What does the Bible say?** (10 minutes)

Let's look at some verses from the New Testament Bible that relate to clean/unclean foods:

- **Mark 7:19** *'Don't you see that nothing that enters a man from the outside can make him unclean? For it doesn't go into his heart but into his stomach, and then out of his body.'* (In saying this, Jesus declared all foods clean.)
- **Romans 14:13-19** *Therefore, let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother's way. As one who is in the Lord Jesus, I am fully convinced that no food is unclean in itself. But if anyone regards something as unclean, then for him it is unclean. If your brother is distressed because of what you eat, you are no*



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longer acting in love. Do not by your eating destroy someone for whom Christ died. Do not allow what you consider good be spoken of as evil. For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men. Let us therefore make every effort to do what leads to peace and to mutual edification.

- **I Corinthians 10: 23-24, 31-33** *Everything is permissible– but not everything is beneficial. Everything is permissible– but not everything is constructive. Nobody should seek his own good, but the good of others.*

So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God – even as I try to please everybody in every way. For I am not seeking my own good but the good of many, so that they may be saved.

- **1 Timothy 4:4** *For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.*

Have groups get back together and discuss the verses with the following questions in mind:

- 1. What were Jesus' and the New Testament writers' thoughts about clean and unclean foods?**
- 2. What actions can we take if our opinions about food differ from someone else's?**

ACTIVITY 2: How can we make good choices? (5 minutes)

Proverbs encourages us to gain wisdom for making choices:

- **Proverbs 12:15** *The way of a fool seems right to him, but a wise man listens to advice.*
- **Proverbs 13:16** *Every prudent man acts out of knowledge, but a fool exposes his folly.*
- **Proverbs 14:15** *A simple man believes anything, but a prudent man gives thought to his steps.*



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In your efforts to gain nutrition knowledge here are some tips for evaluating Health Information. Briefly review **Evaluating Health Information** handout (Leader's Version, page 6; Participant's Version, page 4).

ACTIVITY 3: (20 minutes)

Have the groups get back together. Ask them to take another look at the food recommendation they found and evaluate it using tips provided. Give them 5 minutes to do this. Then have each group share some pros and cons about the food recommendation they evaluated (2 minutes per group).

APPLY IT TO LIFE: (5 minutes)

There is such an abundance of foods out there- some have many desirable nutritional qualities and others have no real nutritional attribute but are tasty to eat. There is no one "super food" or super diet plan for eating healthy. Use variety and moderation as your guide to enjoying all the wonderful foods God has given us to keep our bodies healthy and energetic as we serve and honor Him.

Consider the following verse in light of your own life and current nutritional habits. What is God speaking to you personally? How will you make application of the truth of His Word?

- **I Corinthians 10: 31-33** *So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God – even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.*



Evaluating Health Information

Is the Source Credible?

- Who published the information?
- Who are the authors?
- What are their credentials?
- Do the authors have a hidden agenda?
- Is the information peer-reviewed?

Is the Information Accurate?

- Is the information based on scientific evidence?
- Is the information supported by facts?
- Is the original source listed?
- Do other sources back up the information?
- Is the information current?

Red Flags

- The information is anonymous
- There is a conflict of interest
- The information is one-sided or biased
- The information is outdated
- There is a claim of a miracle or secret cure
- No evidence is cited
- The grammar is poor and words are misspelled

The search for information can be confusing, even when you find credible sources of information. At times, even reputable sources provide conflicting information or recommend different actions.

In reviewing information, use your judgment, recognizing that evaluating quality is something of an art. Although very few sources will have all the criteria for credibility and accuracy, familiarizing yourself with these criteria can help you sift through information more critically and will provide important cues that will help you differentiate between good quality and poor quality information.

Source:

http://www.ucsfhealth.org/education/evaluating_health_information/index.html



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